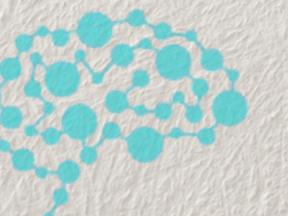




The Self-Compassion Starter Kit

A gentle beginning to speaking to yourself with
more kindness, not criticism



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Why Self-Compassion Matters

Many of us speak to ourselves in ways we would never speak to someone we love.

Trauma, guilt, perfectionism, all of it can create an inner voice that's harsh, punishing, or unkind.

This toolkit helps you shift that voice, gently. Not with forced positivity, but with truth, care, and emotional safety.

Kindness isn't weakness, it's how we learn to feel safe in our own skin.





Tool 1: Notice the Voice Inside

Write down a few thoughts you've had about yourself today, especially the harsh ones.

Then ask:

- Would I say this to someone I care about?
- Is this voice helping or hurting me?

You don't need to silence it, just notice.
Awareness is the first shift.



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Tool 2: Try a Softer Reframe



Take one harsh thought from Tool 1 and gently reframe it.

◆ Instead of: "I'm failing"

Try: "This is hard, and I'm doing the best I can."

Write your own reframe below. Keep it honest and kind, not fake or forced.



Tool 3: Speak to Yourself Like Someone You Care About

Think of someone you love going through what you are right now. What would you say to them?

Now try saying that to yourself, out loud, or in writing.

This tool helps you shift from inner critic to inner carer.



Tool 4: Try One of These Today



"I'm learning to be on my own side."



"My pace is allowed to be slow."



"I'm not broken, I'm healing."

Repeat it once a day. Let it land.



"I deserve the same kindness I give to others."



Tool 5: One Gentle Act to Come Back to

Self-compassion becomes easier when it's anchored in something physical.

Choose one action that feels kind:

- Making yourself a warm drink
- Saying no without apology
- Journaling without judgment
- Wrapping yourself in a soft blanket

Create a short ritual that tells your nervous system:

"It's safe to care for myself now."





Kindness Isn't a Luxury - It's a Lifeline

The way you speak to yourself matters, especially when life feels messy.

This toolkit is your starting point to shift the way you see yourself.

Come back to it when the inner critic gets loud.

You're not weak, you're healing.

Thank you for giving yourself this space. You deserve it.